



National Weather Service Cleveland, OH Calendar 2010



Welcome to the first edition of the National Weather Service (NWS) calendar prepared by NWS Cleveland, Ohio staff. The National Weather Service in Cleveland is one of 122 offices in the United States, Puerto Rico, and Guam. The National Weather Service is an agency under the direction of the National Oceanic and Atmospheric Administration (NOAA), and dates back to 1870.

NWS Cleveland provides weather forecasts and warnings for 30 counties across Northern Ohio and Northwestern Pennsylvania. National Weather Service data for the county warning area can be obtained 24 hours a day from NOAA Weather Radio and on the Internet at: www.weather.gov/cleveland

Sample Calendar Legend:

92-1925 25-1928 sr 717am ss 818pm Record High-Year of Occurrence Record Low-Year of Occurrence

Sunrise local time
Sunset local time

NOTE: All Record temperature and sunrise/sunset data are for Cleveland.

NOAA Weather Radio All-Hazards

The most important weather safety rule of all is to know when you are at risk from a hazardous weather. Your best source for this information is the National Weather Service whose mission is to issue official weather watches, warnings, and advisories.

For over 130 years the National Weather Service has been serving and protecting the nation's citizens by monitoring the weather and providing alerts to any dangers.

How does one get this information? The most reliable method is via the NOAA Weather Radio broadcasts. NOAA Weather Radio (NWR) is a nationwide network of radio stations broadcasting continuous weather information direct from your local National Weather Service office.

NWR broadcasts National Weather Service warnings, watches, forecasts and other hazard and local information 24 hours a day. The information broadcast on the NWR is tailored for your area.

Working with the Federal Communication Commission's (FCC) Emergency Alert System, NWR is an "all hazards" radio network, making it your single source for comprehensive weather and emergency information. In addition to weather hazards, NWR also broadcasts warning and post-event information regarding earthquakes and volcanic activity, and environmental hazards like chemical releases and oil spills.

NWR broadcasts from numerous <u>transmitters</u>, <u>covering all 50 states</u>, adjacent coastal waters, Puerto Rico, the U.S. Virgin Islands, and the U.S. Pacific Territories. When a hazardous weather watch or warning is needed, an alert with a tone will automatically activate most receivers. The newest receivers have the ability to be set for just your county or any group of surrounding counties.

NWR receivers can be purchased at many electronic retail stores, electronic departments within department stores, and some drug stores. NWR's can also be purchased through some mail order catalogs. They are often sold in boat and marine accessory businesses. Prices vary from \$20 to \$200, depending on the model. The tone alarm feature will be found on models generally from \$35 and up.





NWR Radio frequencies across the Northern Ohio:

Cleveland 162.550

Grafton 162.500

Akron 162.400

MARK TRAIL CHAMPIONS NOAA WEATHER RADIO-

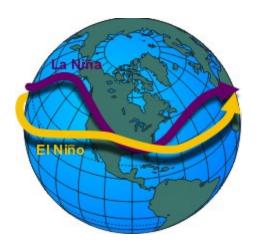
THE VOICE OF THE NATIONAL WEATHER



Mark Trail image courtesy of North America Syndicate Inc., World Rights Reserved

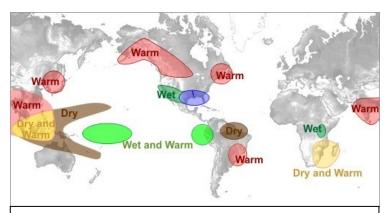
National Weather Service Cleveland, OH TUE WED THU

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SER SER		NOAA WEATHER RADIO CAN BE FOUND AT THE FOLLOWING FREQUENCIES: Cleveland 162.550 Grafton 162.500 Akron 162.400			1 69 1876 -4 1968 sr-753am ss-508pm New Years Day	2 66 1876 -12 1879 sr-753am ss-508pm
3 sr-753am ss-509pm	4 65 1997 -7 1879 sr-753am ss-510pm	5 sr-753am ss-511pm	6 1946 -9 1884 sr-753am ss-512pm	7	8 -10 1968 sr-753am ss-514pm	9 -13 1875 sr-753am ss-515pm
10 sr-752am ss-516pm	67 1890 -9 1899 sr-752am ss-517pm	12 sr-752am ss-518pm	13 sr-752am ss-520pm	70 1932 -6 1893 sr-751am ss-521pm	15 -7 1972 sr-751am ss-522pm New Moon	57 1889 -15 1977 sr-750am ss-523pm
60 1973 -17 1982 sr-750am ss-524pm	18 sr-749am ss-525pm Martin Luther King Jr. Day	19 sr-749am ss-527pm	20 sr-748am ss-528pm	21 sr-747am ss-529pm	71 1906 22 -10 1936 sr-747am ss-530pm	23 sr-746am ss-531pm 1st Quarter
24/ -19 1963 31 sr-745am ss-533pm 62 1989 -5 1971 sr-739am ss-541pm	25 sr-745am ss-534pm	26 sr-744am ss-535pm	27 sr-743am ss-536pm	28 sr-742am ss-538pm	29 sr-741am ss-539pm	30 sr-740am ss-540pm Full Moon

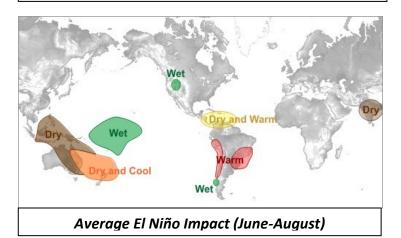


El Niño and La Niña are determined by the position of the warm water along the equator as it shifts back and forth across the Pacific Ocean. The warmest water is also the position where the greatest evaporation of water into the atmosphere occurs. This has a profound effect on the average position of the jet stream which, in turn, affects the storm track.

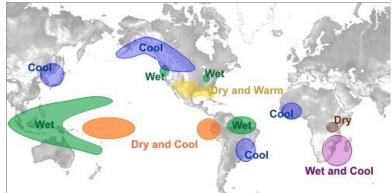
During El Niño, the warmest water along the equator shifts eastward. This causes the jet stream's position to dip in the Eastern Pacific. The stronger the El Niño, the farther east in the Eastern Pacific the dip in the jet stream occurs. Conversely, during La Niña, the warmest water shifts westward. This shift causes the dip in the jet stream to shift west of its normal position toward the Central Pacific. The shift in the jet stream and storm track can have profound effects on temperature and precipitation patterns around the world. Below are the average long term impacts for El Niño and La Niña episodes.



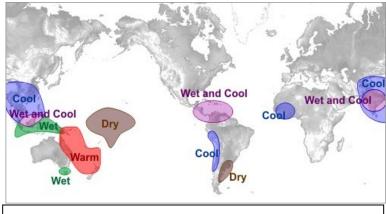
Average El Niño Impact (December-February)



El Niño and La Niña



Average La Niña Impact (December-February)



Average La Niña Impact (June-August)

Full Moon

National Weather FEBRUARY 2010 Find us on the web at: Service Cleveland, $0 \mathcal{H}$

Service Cl SUN	MON TUE		WED	THU	FRI	SAT
3011	59 1989	61 1003	E7 1900	65 1890	61 1029	61 1029
	-6 1971	2 -7 1971	3 -8 1996	4 -10 1996	5 -13 1918	6 -6 1895
	sr-738am	sr-737am	sr-736am	sr-735am	sr-734am	sr-733am
	ss-543pm	ss-544pm	ss-545pm	ss-546pm	ss-548pm	ss-549pm
					Last Quarter	
60 1925	69 1937	63 2001	66 1932	73 1932	68 1999	68 1938
7 -3 1988	8 -8 1977	9 -14 1899	10 -16 1899	-15 1885	12 -9 1917	13 -9 1905
sr-732am	sr-731am	sr-729am	sr-728am	sr-727am	sr-726am	sr-724am
ss-550pm	ss-552pm	ss-553pm	ss-554pm	ss-555pm	ss-557pm	ss-558pm
62 1918	67 1954	72 1883	62 1911	62 1981	68 1939	New Moon 69 1930
14 -11 1905	15 -4 2007	16 -8 1904	17 -7 1885	18 -5 1936	19 -4 1936	20 -3 1968
sr-723am	sr-722am	sr-720am	sr-719am	sr-718am	sr-716am	sr-715am
ss-559pm	ss-600pm	ss-602pm	ss-603pm	ss-604pm	ss-605pm	ss-606pm
Valentines Day	Presidents Day					
70 1997	72 1930	66 2000	69 1961	70 1930	74 2000	66 1996
21 -3 1885	-8 1963	23 -4 1873	24 -7 1889	25 -5 1993	26 -15 1963	27 -10 1963
sr-713am ss-608pm	sr-712am ss-609pm	sr-710am ss-610pm	sr-709am ss-611pm	sr-707am ss-612pm	sr-706am ss-614pm	sr-704am ss-615pm
55-000pm	33-00Эртт	33-010pm	33-011pm	33-012pm	33-01-4ріп	33-013pm
1 st Quarter						
67 1939			NOAA WEATHER RADIO		HEATHE	
28 0 1884			CAN BE FOUND AT THE FOLLOWING		No.	
sr-703am			FREQUENCIES: Cleveland 162.550		S S	
ss-616pm			Grafton 162.500		2	
			Akron 162.400		70	
Full Mann					** * * * * * * * * * * * * * * * * * *	

Flash Floods



| Flooding | Safety

Follow these safety rules:

_ If flooding occurs, get to higher ground. Stay away from flood-prone areas, including dips, low spots, valleys, ditches, washes, etc.

_ Avoid flooded areas or those with rapid water flow. Do not attempt to cross a flowing stream. It takes only six inches of fast flowing water to sweep you off your feet.

_ Don't allow children to play near high water, storm drains or ditches. Hidden dangers could lie beneath the water.

_ Flooded roads could have significant damage hidden by floodwaters. NEVER drive through floodwaters or on flooded roads. If your vehicle stalls, leave it immediately and seek higher ground. Water only two feet deep can float away most automobiles.

_ Do not camp or park your vehicle along streams and washes, particularly when threatening conditions exist.

_ Be especially cautious at night when it is harder to recognize flood dangers.

_Monitor NOAA Weather Radio or your local media for vital weather related information.

Except for heat related fatalities, more deaths occur from flooding than any other hazard. Why? Most people fail to realize the power of water. For example, six inches of fast-moving flood water can knock you off your feet.

While the number of fatalities can vary dramatically with weather conditions from year to year, the national 30-year average for flood deaths is 127. That compares with a 30-year average of 73 deaths for lightning, 68 for tornadoes and 16 for hurricanes.

National Weather Service data also shows:

- Nearly half of all flash flood fatalities are vehicle-related.
- The majority of victims are males, and
- Flood deaths affect all age groups.

Most flash floods are caused by slow moving thunderstorms, thunderstorms that move repeatedly over the same area or heavy rains from tropical storms and hurricanes. These floods can develop within minutes or hours depending on the intensity and duration of the rain, the topography, soil conditions and ground cover.

Flash floods can roll boulders, tear out trees, destroy buildings and bridges, and scour out new channels. Rapidly rising water can reach heights of 30 feet or more. Furthermore, flash flood-producing rains can also trigger catastrophic mud slides.

Occasionally, floating debris can accumulate at a natural or man-made obstruction and restrict the flow of water. Water held back by the debris dam can cause flooding upstream. Subsequent flash flooding can occur downstream if the obstruction should suddenly release.

MARCH 2010

SU		MC	N OSC		JE	WE	D	TI	HU	FI	RI	S/	AT
		sr-701 am ss-617 pm	69-1972 - 2 -1884	2 sr-700 am ss-618 pm	64-1991 -4-1978	3 sr-658 am ss-620 pm	74-1974 2-2003	4 sr-657 am ss-621 pm	76-1983 2-1943	5 sr-655 am ss-622 pm	81-1983 -2-1873	6 sr-653 am ss-623 pm	74-1973 -2-1960
7 sr-652 am ss-624 pm	76-2000 3-1960 Quarter	8 sr-650 am ss-625 pm	79-2000 -1-1960	9 sr-648 am ss-626 pm	73-1878 -5-1984	10 sr-647 am ss-628 pm	72-1973 5-1984	11 sr-645 am ss-629 pm	73-1977 -3-1960	12 sr-644 am ss-630 pm	75-1990 -5-1948	13 sr-642 am ss-631 pm	76-1990 3-1960
14 sr-740 am ss-732 pm	79-1990 6-1993	15 sr-738 am ss-733 pm	80-1990 3-1993	16 sr-737 am ss-734 pm	78-1945 7-1885	17 sr-735 am ss-735 pm	72-1945 0-1900	18 sr-733 am ss-737 pm	75-1903 0-1877	19 sr-732 am ss-738 pm	76-1903 7-1885	20 sr-730 am ss-739 pm	76-1995 0-1885 begins
Time Be	egins	Ne	w Moon			St. Patric	ck's Day						2 pm
21 sr-728 am ss-740 pm	76-1938 -4-1885	22 sr-727 am ss-741 pm	83-1938 0-1885	23 sr-725 am ss-742 pm	77-1966 5-1885	24 sr-723 am ss-743 pm	83-1910 8-1888	25 sr-722 am ss-744 pm	83-1945 4-1974	26 sr-720 am ss-745 pm	80-1967 14-2001	27 sr-718 am ss-746 pm	80-1998 12-1982
28 sr-717 am ss-748 pm	80-1945 9-1982	29 sr-715 am ss-749 pm	81-1910 11-1887	30 sr-713 am ss-750 pm	82-1986 16-1887	31 sr-711 am ss-751 pm	80-1998 11-1923			WEA WALLAND	HER SERVICE	CAN BE FO	THER RADIO UND AT THE DWING ENCIES: 162.550 162.500 162.400

How Hail is Formed



- 1. The hail nucleus is carried aloft by the updraft and begins to grow in size as it collides with supercooled raindrops and other small pieces of hail.
- Sometimes the hallstone is blown out of the main updraft and begins to fall to the earth.
- 3. If the updraft is strong enough it will move the hailstone back into the cloud where it once again collides with water and hail and grows. This process may be repeated several times.
- 4. In all cases, when the hailstone can no longer be supported by the updraft it falls to the earth. The stronger the updraft, the larger the hailstones that can be produced by the thunderstorm.



Largest recorded hail stone measured 7 inches in diameter. This stone fell in Aurora, Nebraska on the 22nd of June in 2003.

Hailstone size	Measu	rement	Updraft	t Speed
nalistone size	in.	ст.	mph	m/s
bb	< 1/4	< 0.64	< 24	< 11
pea	1/4	0.64	24	11
marble	1/2	1.3	35	16
dime	7/10	1.8	38	17
penny	3/4	1.9	40	18
nickel	7/8	2.2	46	21
quarter	1	2.5	49	22
half dollar	1 1/4	3.2	54	24
walnut	1 1/2	3.8	60	27
golf ball	1 3/4	4.4	64	29
hen egg	2	5.1	69	31
tennis ball	2 1/2	6.4	77	34
baseball	2 3/4	7.0	81	36
tea cup	3	7.6	84	38
grapefruit	4	10.1	98	44
softball	4 1/2	11.4	103	46

SEVERE

APRIL 2010

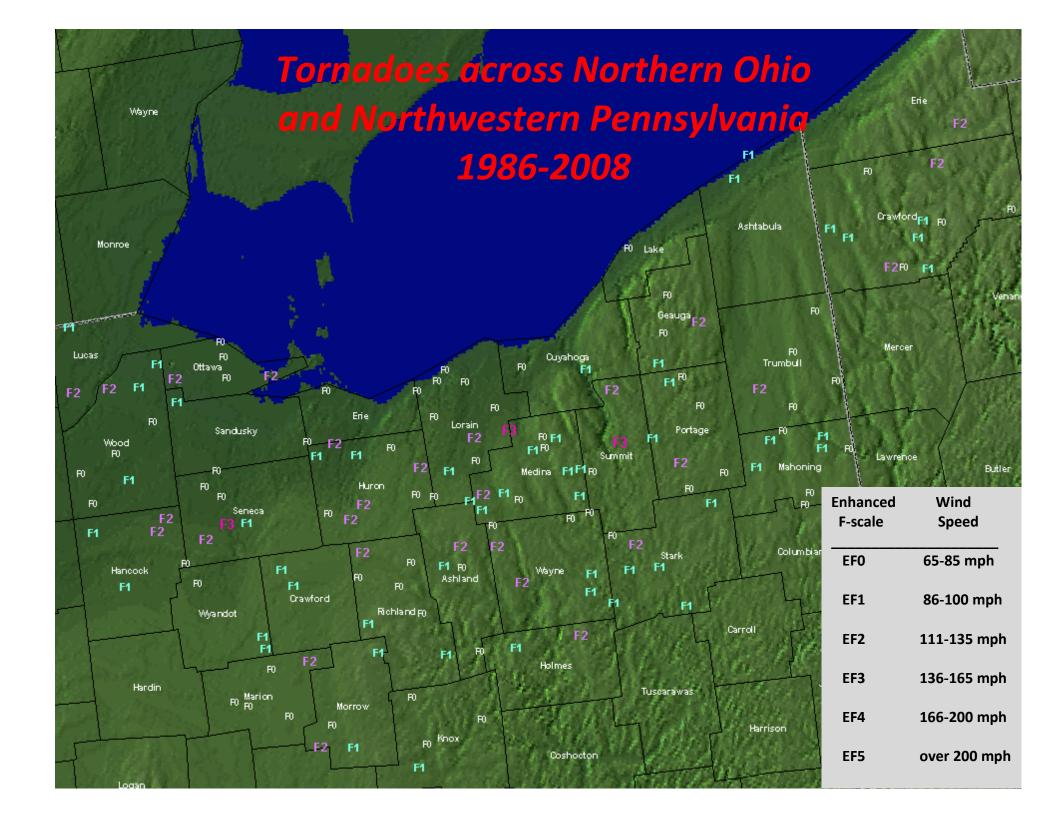
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4 sr-705 am ss-755 pm	77-1882 19-1971 ter	5 sr-703 am ss-756 pm	81-1988 16-1881	6 sr-701 am ss-757 pm	84-1929 21-1982 st Quarter	7 sr-700 am ss-758 pm	83-1929 17-1982	8 sr-658 am ss-759 pm	80-2001 11-1982	9 sr-657 am ss-801 pm	81-1931 17-1972	10 sr-655 am ss-802 pm	83-1978 20-1997
11 sr-653 am ss-803 pm	82-1945 22-1882	12 sr-652 am ss-804 pm	82-2001 20-1939	13 sr-650 am ss-805 pm	83-1941 20-1950	14 sr-649 am ss-806 pm	85-1883 20-1950 ew Moon	15 sr-647 am ss-807 pm	82-2003 22-1935	16 sr-645 am ss-808 pm	85-2002 18-1875	17 sr-644 am ss-809 pm	84-1896 15-1875
18 sr-642 am ss-810 pm	85-1896 17-1875	19 sr-641 am ss-811 pm	84-1938 22-1887	20 sr-639 am ss-812 pm	83-1985 23-1904	21 sr-638 am ss-814 pm	86-1952 24-1875 Quarter	22 sr-636 am ss-815 pm	84-1985 23-1875	23 sr-635 am ss-816 pm	86-1985 27-1994	24 sr-633 am ss-817 pm	88-1925 28-2003
25 sr-632 am ss-818 pm	87-1990 27-1888	26 sr-631 am ss-819 pm	87-1948 26-1972	27 sr-629 am ss-820 pm	86-1990 27-1971	28 sr-628 am ss-821 pm	88-1986 25-1947 Il Moon	29 sr-626 am ss-822 pm	84-1899 25-1977	30 sr-625 am ss-823 pm	88-1942 28-1969		



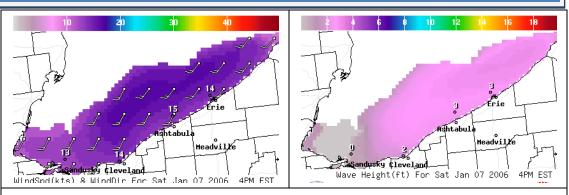
MAY 2010

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			CAN BE				EAT ON WILLIAM	HEA SERVICE			sr-624 am ss-824 pm	88-1942 28-1876
2 sr-622 am ss-825 pm	86-1951 26-1963	· •	1955 1986 1986 1986 1986 1986 1986 1986 1986		5 sr-619 am ss-829 pm	89-1949 30-1968	6 sr-617 am ss-830 pm	92-1959 26-1968 t Quarter	7 sr-616 am ss-831 pm	86-1936 28-1970	8 sr-615 am ss-832 pm	88-1889 30-1976
9 sr-614 am ss-833 pm	88-1979 29-1983 r's Day	1 4 A	1953 1966 11 sr-612 an ss-835 pn		12 sr-611 am ss-836 pm	87-1881 32-1976	13 sr-610 am ss-837 pm	86-1991 30-1996 w Moon	14 sr-609 am ss-838 pm	91-1962 30-1996	15 sr-608 am ss-839 pm	89-1962 35-1977
16 sr-607 am ss-840 pm	89-1991 29-1984		18 sr-605 an ss-842 pn		19 sr-604 am ss-843 pm	88-1998 33-1976	20 sr-603 am ss-844 pm	91-1962 34-1981 Quarter	21 sr-602 am ss-845 pm	89-1941 32-1895	22 sr-601 am ss-846 pm	89-1911 35-2002
23/ 30 92-1879 32-1961 sr-556 am ss-853 pm	90-1991 34-1961 sr-601 am ss-847 pm	24/ 32-1963 sr-600 am ss-847 31 Memor 92-1944 Day 39-1996 sr-556 am ss-853 pm	ss-359 an ss-848 pn		26 sr-559 am ss-849 pm	89-1914 34-1969	27 sr-558 am ss-850 pm	90-1967 35-1969	28 sr-557 am ss-851 pm	89-1991 37-1971	29 sr-557 am ss-852 pm	91-1991 37-2008

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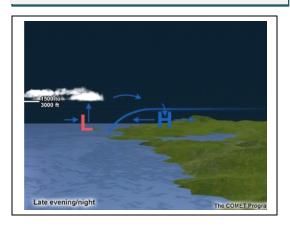
Wave Generation



Waves increase in height from upwind end of the lake to the downwind end. Note: Left graphic above shows wind blowing from the western end of Lake Erie to the eastern end. Higher waves at east end of the lake in right graphic.

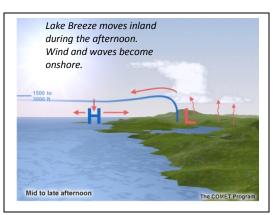


Land Breeze



Lake Breeze





Land and Lake Breezes develop due to the difference in the temperature of the water and the land. Land heats and cools faster than water and will be cooler than the water at night and warmer during the day. Warm water/land causes low pressure and cold water/land causes high pressure. Air moves from high pressure to low pressure.

JUNE 2010

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NOAA WEATHER RADIO 95 1934 94 1934 91 1925 93 1925 93 1925 5 3 2 CAN BE FOUND AT THE 4 40 1981 39 1966 35 1977 40 1947 38 1990 **FOLLOWING FREQUENCIES:** sr-555am sr-555am sr-554am sr-554am sr-554am 162,550 Cleveland ss-854pm ss-855pm ss-856pm ss-857pm ss-856pm Grafton 162,500 **Akron** 162,400 **Last Quarter** 92 1988 91 2005 98 1933 92 1914 92 2005 92 1954 93 1933 6 8 9 10 38 1945 39 1977 39 1977 41 1949 37 1972 31 1972 42 1980 sr-553am sr-553am sr-552am sr-553am sr-553am sr-553am sr-552am ss-858pm ss-859pm ss-900pm ss-859pm ss-900pm ss-901pm ss-858pm **New Moon** 93 1954 96 1952 93 1994 96 1944 95 1988 97 1954 92 1995 13 15 19 16 18 14 43 1979 43 1978 43 1997 38 1980 41 1950 39 1961 46 1965 sr-552am sr-552am sr-553am sr-552am sr-552am sr-552am sr-553am ss-902pm ss-902pm ss-903pm ss-903pm ss-903pm ss-903pm ss-901pm 1st Quarter 96 1988 95 1941 98 1988 94 1948 96 1952 104 1988 99 1952 20 23 24 **26** 39 1992 41 1963 44 1915 41 1979 47 1984 46 2004 45 1897 sr-553am sr-553am sr-553am sr-554am sr-554am sr-554am sr-554am ss-904pm ss-904pm ss-904pm ss-904pm ss-904pm ss-904pm ss-904pm **Summer Begins** 728 am **Full Moon** Father's Day MEATHE 94 1952 98 1944 101 1944 95 1941 28 **30** 44 1981 49 1988 51 1985 48 1988 sr-555am sr-555am sr-556am sr-556am ss-904pm ss-904pm ss-904pm ss-904pm

Lightning Safety

Lightning is the MOST UNDERRATED weather hazard. On average, only floods kill more people. Lightning makes every single thunderstorm a potential killer, whether the storm produces one single bolt or ten thousand bolts.

In the United States, lightning routinely kills more people each year than tornadoes or hurricanes. Tornadoes, hail, and wind gusts get the most attention, but only lightning can strike outside the storm itself. Lightning is the first thunderstorm hazard to arrive and the last to leave.

Lightning is one of the most capricious and unpredictable characteristics of a thunderstorm. Because of this, no one can guarantee an individual or group absolute protection from lightning. However, knowing and following proven lightning safety guidelines can greatly reduce the risk of injury or death. Remember, **YOU** are ultimately responsible for your personal safety, and should take appropriate action when threatened by lightning.

While no place is 100% safe from lightning, some places are much safer than others.



Where to Go

The safest location during a thunderstorm is inside a large enclosed structure with plumbing and electrical wiring. These include shopping centers, schools, office buildings, and private residences.

If lightning strikes the building, the plumbing and wiring will conduct the electricity more efficiently than a human body. If no buildings are available, then an enclosed metal vehicle such as an automobile, van, or school bus makes a decent alternative.

Where NOT to Go

Not all types of buildings or vehicles are safe during thunderstorms. Buildings which are NOT SAFE (even if they are "grounded") have exposed openings. These include beach shacks, metal sheds, picnic shelters/pavilions, carports, and baseball dugouts. Porches are dangerous as well.

Convertible vehicles offer no safety from lightning, even if the top is "up". Other vehicles which are NOT SAFE during lightning storms are those which have open cabs, such as golf carts, tractors, and construction equipment.

When Thunder Roars, Go Indoors

Studies have shown most people struck by lightning are struck not at the height of a thunderstorm, but before and after the storm has peaked. This is because lightning can strike as far as 10 miles from the area where it is raining and many people are unaware of how far lightning can strike from its parent thunderstorm.

Therefore, if you can hear thunder, you are within striking distance. Seek safe shelter immediately. Remember this lightning safety rule...When thunder roars, go indoors and stay there until 30 minutes after the last clap of thunder. DO NOT wait for the rain to start before seeking shelter, and do not leave shelter just because the rain has ended.

With common sense, you can greatly increase your safety and the safety of those you are with. At the first clap of thunder, go to a large building or fully enclosed vehicle and wait 30 minutes after the last clap of thunder before you to go back outside.

JULY 2010

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sr-558 am ss-904 pm Last	98-1990 41-1968 t Quarter	5 sr-558 am ss-903 pm Independant Day (ob		6 sr-559 am ss-903 pm	97-1988 45-1979	7 sr-600 am ss-903 pm	99-1988 45-1968	8 sr-601 am ss-902 pm	99-1988 45-1984	9 sr-601 am ss-902 pm	97-1936 43-1961	10 sr-602 am ss-902 pm	97-1936 46-1963
11 sr-603 am ss-901 pm	99-1936 48-1996	12 sr-604 am ss-901 pm	95-1936 48-1978	13 sr-604 am ss-900 pm	95-1952 51-1976	14 sr-605 am ss-859 pm	99-1954 51-1926	15 sr-606 am ss-859 pm	97-1980 48-1960	16 sr-607 am ss-858 pm	100-1988 50-1954	17 sr-608 am ss-858 pm	96-1942 49-1946
18 sr-608 am ss-857 pm	96-1878 51-1971 Quarter	19 sr-609 am ss-856 pm	95-1930 50-1979	20 sr-610 am ss-855 pm	98-1930 46-1965	21 sr-611 am ss-855 pm	97-1952 46-1966	22 sr-612 am ss-854 pm	99-1952 47-1966	23 sr-613 am ss-853 pm	96-1933 49-1981	24 sr-614 am ss-852 pm	99-1934 50-2000
25 sr-615 am ss-851 pm	99-1941 47-1953 Moon	26 sr-616 am ss-850 pm	99-1941 46-1946	27 sr-617 am ss-849 pm	103-1941 47-1946	28 sr-618 am ss-848 pm	96-1993 52-1997	29 sr-618 am ss-847 pm	95-1941 50-1984	30 sr-619 am ss-846 pm	96-1941 50-1981	31 sr-620 am ss-845 pm	97-1955 51-1891

HEAT INDEX CHART

With Prolonged Exposure and/or Physical Activity

Extreme Danger Heat stroke or sunstroke highly likely

Danger Sunstroke, muscle cramps, and/or heat exhaustion likely

Extreme Caution Sunstroke, muscle cramps,

Sunstroke, muscle cramps, and/or heat exhaustion possible Caution

Fatigue possible

	Heat Index / Heat Disorders							
Heat Index	Possible heat disorders for people in higher risk groups							
130°F or higher	Heatstroke/Sunstroke highly likely with continued exposure.							
105° - 130°F	Sunstroke, heat cramps and heat exhaustion likely , and heatstroke possible with prolonged exposure and/or physical activity.							
90° - 105°F	Sunstroke, heat cramps and heat exhaustion possible with prolonged exposure and/or physical activity.							
80° - 90°F	Fatigue possible with prolonged exposure and/or physical activity.							

Heat Wave Safety Tips

Slow down. Strenuous activities should be reduced, eliminated, or rescheduled to the coolest time of the day. Individuals at risk should stay in the coolest available place, not necessarily indoors.

Dress for summer. Lightweight, light-colored clothing reflects heat and sunlight, and helps your body maintain normal temperatures.

Put less fuel on your inner fires. Foods (like proteins) that increase metabolic heat production also increase water loss.

Drink plenty of water or other nonalcoholic fluids. Your body needs water to keep cool. Drink plenty

of fluids even if you don't feel thirsty. Persons who (1) have epilepsy or heart, kidney, or liver disease, (2) are on fluid restrictive diets, or (3) have a problem with fluid retention should consult a physician before increasing their consumption of fluids.

Do not drink alcoholic beverages.

Do not take salt tablets unless specified by a physician. Persons on salt restrictive diets should consult a physician before increasing their salt intake.

Spend more time in air-conditioned places. Air conditioning in homes and other buildings markedly reduces danger from the heat. If you cannot afford an air conditioner, spending some time each day (during hot weather) in an air conditioned environment affords some protection (Heat Index chart provided by NWS Ft. Worth)

Don't get too much sun. Sunburn makes the job of heat dissipation that much more difficult.

AUGUST 2010

	JN	MO		TU	E	WE	D	TH	łU	FF	RI	SA	
sr-621am ss-844pm	95-1917 47-1960	2 sr-622am ss-843pm	97-1988 50-1962	3 sr-623am ss-842pm	97-1944 48-1976 Quarter	sr-624am ss-840pm	97-1930 46-1966	5 sr-625am ss-839pm	94-1955 46-1972	6 sr-626am ss-838pm	100-1918 45-1997	7 sr-627am ss-837pm	94-1918 48-1997
8 sr-628am ss-835pm	96-1941 47-1975	9 sr-629am ss-834pm	96-1949 50-1972 v Moon	10 sr-630am ss-833pm	97-1944 47-1972	11 sr-631am ss-832pm	96-1944 48-1965	12 sr-632am ss-830pm	99-1881 44-1967	13 sr-633am ss-829pm	95-2002 47-1982	14 sr-634am ss-827pm	97-1944 46-1964
15 sr-636am ss-826pm	96-1944 44-1962	16 sr-637am ss-825pm	96-1944 45-1979 Quarter	17 sr-638am ss-823pm	99-1988 48-1971	18 sr-639am ss-822pm	96-1947 46-1981	19 sr-640am ss-820pm National		20 sr-641am ss-819pm	95-1947 46-1998	21 sr-642am ss-817pm	96-1947 45-1950
22 sr-643am ss-816pm	94-1936 45-1982	23 sr-644am ss-814pm	93-1954 48-1969	24 sr-645am ss-813pm	94-1947 44-1952 Moon	25 sr-646am ss-811pm	97-1948 45-1951	26 sr-647am ss-809pm	97-1948 47-1958	27 sr-648am ss-808pm	102-1948 49-1963	28 sr-649am ss-806pm	98-1953 42-1968
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Waterspouts:

Waterspouts come from two sources: 1) Cold air, 2) Tornadic.

The cold air waterspouts are caused by cold arctic air flowing over a warm body of water. Updrafts develop in a line of showers and become strong enough to produce the waterspout. Multiple updrafts in a line of showers can produce a family of waterspouts that occur at the same time. The vortex tends to form from clouds with a dark, flat bottom. Cold air waterspouts can move inland and do damage but they rapidly dissipate once they hit shore.

A tornadic waterspout is a tornado over water. Tornadic waterspouts are typically stronger than the cold air type and will continue once it moves on shore. If a waterspout is strong enough it may pluck fish out of the water and send them flying.

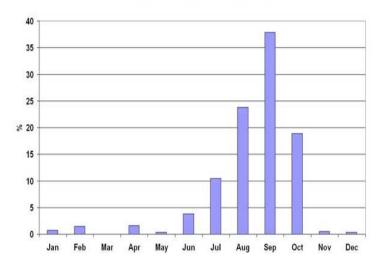
Boater Safety Around Waterspouts:

Boaters and mariners should stay up on the latest marine forecast whenever venturing out into open waters. National Weather Service marine forecasts will mention the potential for waterspouts when there is a good chance for them to occur.

If a waterspout develops while out on the water, move at right angles to its path. Stay well clear of the underside of a shower or dark cloud to prevent being trapped in a vortex. Waterspouts can capsize a boat. If a waterspout approaches you while on shore, move indoors away from windows for protection.

Waterspouts

Monthly Waterspout Frequency





- 1. Dark spot. A prominent circular, light-colored disk appears on the surface, surrounded by a larger dark area of indeterminate shape and with diffused edges. While not visible to the mariner at sea level, the presence of a dark spot and an associated funnel cloud overhead indicate that a complete funnel is present.
- **2. Spiral pattern.** A pattern of light and dark-colored surface bands spiraling out from the dark spot develops.
- 3. Spray ring. A dense swirling annulus (ring) of sea spray, called a cascade, appears around the dark spot with what appears to be an eye similar to that seen in hurricanes.
- 4. Mature vortex. The waterspout, now visible from sea surface to the overhead cloud mass, achieves maximum organization and intensity. Its funnel often appears hollow, with a surrounding shell of turbulent condensate. The spray vortex can rise to a height of several hundred feet or more and often creates a visible wake and an associated wave train as it moves.
- 5. Decay. The funnel and spray vortex begin to dissipate as the inflow of warm air into the vortex weakens. Frequently, rain showers that develop nearby (caused by the thermal updraft) create a down draft (or leading edge gust-front) of cooler air that accelerates the waterspout's decay. Ship masters whose vessels have been hit by waterspouts during the decay phase have reported being drenched with a combination of salt water and rain water.

$\begin{array}{c} \textit{National Weather SEPTEMBER 2010} \\ \textit{Service Cleveland, OH} \end{array}$

SUN	MOŃ	TUE	WED	THU	FRI	SAT	
	EATHER		1 101 1953 42 1970 sr-653am ss-800pm	2 101 1953 45 1970 sr-654am ss-758pm	3 101 1953 44 1976 sr-655am ss-756pm	95 1953 41 1946 sr-656am ss-755pm	
5 99 1954 44 1974 sr-657am ss-753pm	98 1954 40 1976 sr-658am ss-751pm	94 1939 43 1962 sr-659am ss-750pm	8 95 1978 41 1951 sr-700am ss-748pm	94 1959 44 1986 sr-701am ss-746pm	10 sr-702am ss-745pm	92 1952 42 1995 sr-703am ss-743pm	
98 1952 40 1943 sr-704am ss-741pm	96 1952 38 1964 sr-705am ss-739pm	94 1939 37 1975 sr-706am ss-738pm	93 1991 37 1871 sr-707am ss-736pm	93 1991 39 1984 sr-708am ss-734pm	95 1955 37 1984 sr-709am ss-733pm	18 sr-710am ss-731pm 94 1955 39 1959 Yom Kippur	
93 1955 40 1973 sr-711am ss-729pm	20 92 1978 40 1956 sr-712am ss-727pm	21 90 1931 35 1956 sr-713am ss-726pm	22 92 1895 36 1904 sr-714am ss-724pm Autumn Begins at 1109 pm	23 88 1936 36 1995 sr-715am ss-722pm Full Moon	24 sr-716am ss-720pm	25 sr-717am ss-719pm	
26 91 1998 37 1947 sr-718am ss-717pm	27 sr-719am ss-715pm	28 sr-720am ss-714pm	95 1953 32 1942 sr-721am ss-712pm	86 1881 35 1963 sr-722am ss-710pm Last Quarter		NOAA WEATHER RADIO CAN BE FOUND AT THE FOLLOWING FREQUENCIES: Cleveland 162.550 Grafton 162.500 Akron 162.400	



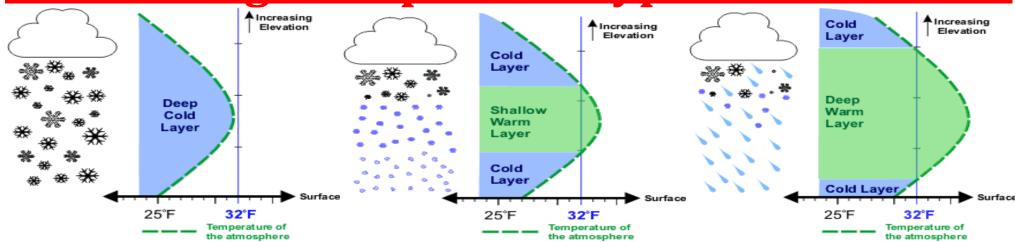
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	EATHERS		NOAA WEATHER RADIO CAN BE FOUND AT THE FOLLOWING FREQUENCIES: Cleveland 162.550 Grafton 162.500 Akron 162.400		87 1952 34 1947 sr-723am ss-708pm	2 86 1919 32 1975 sr-724am ss-707pm	
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82 1953 32 1981 sr-741am ss-643pm	18 sr-742am ss-641pm	19 sr-743am ss-640pm	20 sr-744am ss-638pm	21 sr-745am ss-637pm	22 81 1947 27 1976 sr-747am ss-635pm	23 sr-748am ss-634pm	
24/ 22 1969 sr-749am ss-632pm 31 Halloween 82 1950 Day 19 1988 sr-757am ss-623pm	25 sr-750am ss-631pm	26 81 1963 24 1887 sr-751am ss-629pm	27 78 1927 23 1962 sr-752am ss-628pm	28 81 1927 24 1976 sr-754am ss-627pm	29 78 1946 24 1980 sr-755am ss-625pm	30 79 1950 23 1980 sr-756am ss-624pm Last Quarter	

Forecasting Precipitation type in the Winter



In the image (left) the green dashed line is the temperature in respect to elevation. The surface temperature is 25°F (-4°C) and increases with height before decreasing. However, since the temperature remains below freezing any precipitation that falls will remain as snow.

Types of Warnings or Advisories that may be issued with this temperature profile follow:

Winter Storm/Lake Effect Snow Warning – 6" or greater in 12 hours, or 8" or greater in 24 hours

Winter Weather/Lake Effect Snow Advisory -- issued when from 1 up to 3 inches of snow are expected in a 12 hour period. In this image the surface temperature is higher, 27°F (-3°C). Also as elevation increases, the temperature increases to a point where some of the atmosphere is above freezing before the temperature lowers again below freezing.

As snow falls into the layer of air where the temperature is above freezing, the snowflakes partially melt. As the precipitation reenters the air that is below freezing, the precipitation will re-freeze into ice pellets that bounce off the ground, commonly called sleet. The most likely place for freezing rain and sleet is to the north of warm fronts. The cause of the wintertime mess is a layer of air above freezing aloft.

Types of Warnings or Advisories that may be issued with this temperature profile follow:

Winter Storm Warning – 6 inches or more accumulation

Winter Weather Advisory -- sleet accumulation of less than 4 inches

Winter Weather Advisory – significant inconvenience to travel

Freezing rain will occur if the warm layer in the atmosphere is deep with only a shallow layer of below freezing air at the surface. The precipitation can begin as either rain and/or snow but becomes all rain in the warm layer. The rain falls back into the air that is below freezing but since the depth is shallow, the rain does not have time to freeze into sleet.

Upon hitting the ground or objects such as bridges and vehicles, the rain freezes on contact. Some of the most disastrous winter weather storms are due primarily to freezing rain.

Types of Warnings or Advisories that may be issued with this temperature profile follow:

Ice Storm WARNING – 1/4 inch of glaze or more

Freezing Rain ADVISORY -- Light glaze accumulating less than ¼ inch

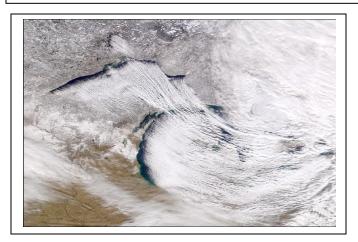
Winter Weather Advisory – significant inconvenience to travel

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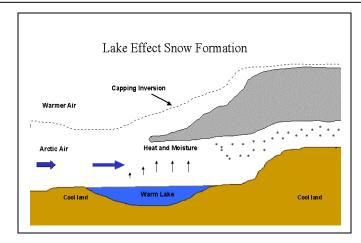
Last Quarter

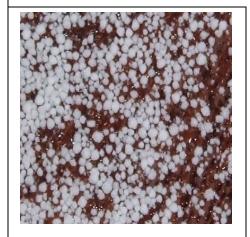
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SERVING SERVING	82 1950 25 1954 sr-758am ss-622pm	2 sr-800am ss-620pm	3 sr-801am ss-619pm	4 79 2003 16 1991 sr-802am ss-618pm	5 75 1948 16 1991 sr-803am ss-617pm	6 76 1977 17 1951 sr-804am ss-616pm New Moon
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28 sr-730am ss-459pm	29 67 1933 6 1976 sr-731am ss-458pm	30 71 1934 3 1976 sr-732am ss-458pm			NOAA WEATHER RADIO CAN BE FOUND AT THE FOLLOWING FREQUENCIES: Cleveland 162.550 Grafton 162.500 Akron 162.400	

Lake Effect

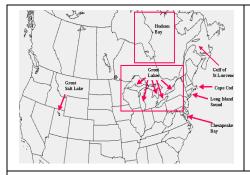


The diagram to the right shows how lake effect is formed. Cold arctic air moves over an open body of water and warms slightly while picking-up moisture. The moisture laden air moves inland and is forced upward by the higher terrain into the colder air aloft causing the moisture to fall out as precipitation. Depending on the temperature over land, the precipitation can fall in the form of rain or snow. The photo to the left shows lake effect snow bands to the lee of the Great Lakes.





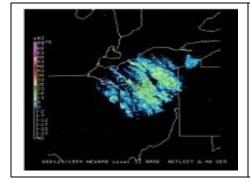
Graupel can be seen in lake effect snow showers. The updrafts in lake effect showers are similar to small thunderstorms that produce hail. The difference is the center is a snowflake and the outer portion is made up of frozen droplets.



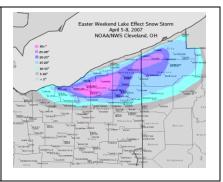




Lake Effect is not exclusive to the Great Lakes. The phenomenon occurs in a few other locations around North America and the world.



The image to the left shows intense lake effect snow bands over northeast Ohio. The snow bands that develop in this orientation are a result of air originating from Lake Superior. The moist air passes over Lakes Huron and Erie increasing the moisture content. The image to the right shows a typical dispersion of lake effect snow over Ohio and Pennsylvania.



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	EATHER SERVICE		65 1970 7 1929 sr-734am ss-458pm	2 70 1982 -5 1976 sr-735am ss-457pm	3 77 1982 -7 1976 sr-736am ss-457pm	4 70 1982 3 2002 sr-737am ss-457pm
71 2001 5 2 1871 sr-738am ss-457pm	6 70 1998 7 2005 sr-738am ss-457pm	7 67 1998 -5 1882 sr-739am ss-457pm	8 67 1966 -9 1882 sr-740am ss-457pm	9 62 1952 -5 1917 sr-741am ss-457pm	10 69 1971 -5 1958 sr-742am ss-457pm	11 64 1931 -2 1977 sr-743am ss-457pm
12 sr-744am ss-457pm	65 1901 -3 1962 sr-744am ss-457pm	14 0 1914 sr-745am ss-457pm	67 1971 -1 1958 sr-746am ss-458pm	16 -9 1951 sr-747am ss-458pm	17 -7 1989 sr-747am ss-458pm	18
19 61 1939 -5 1884 sr-749am ss-459pm	20 sr-749am ss-500pm	21 -7 1872 sr-750am ss-500pm Winter Begins 638 PM Full Moon	22 sr-750am ss-500pm	23 61 1933 -7 1960 sr-751am ss-501pm	24 sr-751am ss-502pm	25 66 1982 -10 1983
26 -8 1983 sr-752am ss-503pm	27 65 2008 -5 1944 sr-752am ss-504pm	28 68 1982 -3 1880 sr-752am ss-504pm	29 sr-753am ss-505pm	30 63 1971 -12 1880 sr-753am ss-506pm	31 -11 1976 sr-753am ss-507pm	NOAA WEATHER RADIO CAN BE FOUND AT THE FOLLOWING FREQUENCIES: Cleveland 162.550 Grafton 162.500 Akron 162.400

Prepare a Home Severe Weather Plan—

- Pick a place where family members could gather if a tornado is headed your way. It could be your basement or, if there is no basement, a center hallway, bathroom, or closet on the lowest floor. Keep this place uncluttered.
- If you are in a high-rise building, you may not have enough time to go to the lowest floor. Pick a place in a hallway in the center of the building.

Assemble a Disaster Supplies Kit containing—

- First aid kit and essential medications.
- Canned food and can opener.
- At least three gallons of water per person.
- Protective clothing, bedding, or sleeping bags.
- Battery-powered radio, flashlight, NOAA Weather Radio All Hazards, and extra batteries.
- Special items for infant, elderly, or disabled family members.

When a Severe Thunderstorm or Tornado WATCH is issued—

- Listen to local radio and TV stations for further updates.
- Be alert to changing weather conditions.

When a Severe Thunderstorm or Tornado WARNING is issued—

- If you are inside, go to the safe place you picked to protect yourself from glass and other flying objects.
- If you are outside, hurry to the basement of a nearby sturdy building or lie flat in a ditch or low-lying area.
- If you are in a car or mobile home, get out immediately and head for safety (as above).

After the Severe Thunderstorm or Tornado passes—

- Watch out for fallen power lines and stay out of the damaged area.
- Listen to the radio for information and instructions.
- Use a flashlight to inspect your home for damage.

Conduct periodic Severe Weather drills so everyone remembers what to do. Stay tuned for warnings—

- Listen to your NOAA Weather Radio All Hazards, local radio and TV stations for updated storm information.
- Severe Thunderstorm and Tornado WATCHES and WARNINGS are issued by county.
- Know what a Severe Thunderstorm or Tornado WATCH and WARNING means:
 - > A Tornado/Severe Thunderstorm WATCH means a Tornado/Severe Thunderstorm is possible in your area.
 - A Tornado/Severe Thunderstorm WARNING means a Tornado/Severe Thunderstorm has been sighted and may be headed for your area. Go to a safe location immediately.